

Coniston and Crake Valley News

Serving the parishes of Colton, Coniston and
Torver, Egton cum Newland & Lowick with Blawith



March 2021 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"



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Pastoral Letter

LEADERSHIP

To paraphrase a quote from a recent parliamentary enquiry, "It is not the parishes who have failed, the Church leadership has failed; it is not the clergy who have failed, the Church leadership has failed; it is not God who has failed, the Church leadership has failed". The one comforting factor over the last few decades is that at least there has been consistency – failure.

That said, it is extremely easy to take cheap shots at leaders in any walk of life, especially Church leaders, but we can at the very least be honest about ourselves. Where is the Church today? Where is the Church going? What can the Church do now? What should the Church do now? These might sound like the questions of a failed Church, a rudderless Church, a desperate Church, but actually they are exactly the sort of questions that the Church needs to ask itself, and that Church leadership needs to engage with.

Which is why the Church leadership in the Benefice of Coniston and the Crake Valley (that is the churches in the valley) is engaging in an exercise called Mission Action Planning (MAP). This might sound posh and like another trendy, modern business exercise but in actual fact it is based upon those 4 questions that were mentioned earlier – Where are we now? Where do we want to be? How do we get there? What do we do next?



The MAP process uses those 4 basic questions and follows the above cycle of thinking and actioning – all centred around prayer, of course. However, there is no magic formula, just honesty and hard work.

If the Church in Coniston and the Crake Valley is to have a future then it needs honesty and hard work, it needs a map for the future, it needs Church leadership that will embrace the sort of thinking and actioning that is envisaged in MAP.

We are determined to be that sort of Church leadership.

Blessings in Christ,

Brian + Anne

Churches in the Coniston and Crake Valleys

St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. Our moderator is Rev. Andrew Dodd. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8HH

The Sunday morning service is at 11.00am and a warm welcome awaits you. For further information contact Joyce Holland on 015394 41594.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Thursdays at 10.00am and Saturdays at 6.00pm. For further information contact Father Matthew Jacob on 01229 779673.

Coniston Christian Fellowship LA21 8AL

During the month of March we are meeting on Sunday mornings via Zoom. For more information please contact Alex and Ruth Stewart on 015394 49539. See our website for more details www.conistonchristianfellowship.co.uk

CORONAVIRUS, COVID-19 UPDATE



The Bishop of Carlisle, the Rt. Revd. James Newcome, has previously written to all clergy to advise that the suspension of public worship has been lifted in the Diocese of Carlisle.

Please refer to the benefice website for the latest information on the provision of worship and the associated risk assessments, and note that face masks must be worn

Questions? Worries? Chat? Virtual Coffee With the Vicar



The Vicar invites you to join him and others around the virtual table for a coffee and a chat.

Every Monday* where possible, from 2.00-3.00 pm the Vicar will be hosting an afternoon session on Zoom to answer questions, discuss concerns or just have a chat. If you would like to join him and possibly others dropping in, then all you need to run Zoom and join the meeting.

Meeting ID is **648-733-8111** and then enter the password is **883299**

*Please check the website Calendar to ensure that the Coffee with the Vicar session is being held that week.

Church Services for March 2021

7th	Third Sunday of Lent		
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Torver	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Lowick	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter

14th	Fourth Sunday of Lent (Mothering Sunday)		
Holy Trinity Colton	10.30am	Zoom Service	Pamela Hull
St. Luke Torver	10.30am	Zoom Service	Pamela Hull
St. Luke Lowick	10.30am	Zoom Service	Pamela Hull
St. Andrew Coniston	10.30am	Zoom Service	Pamela Hull
St. Mary Penny Bridge	10.30am	Zoom Service	Pamela Hull

21st	Fifth Sunday of Lent (Passion Sunday)		
Holy Trinity Colton	10.30am	Zoom Service	Pamela Hull
St. Luke Torver	10.30am	Zoom Service	Pamela Hull
St. Luke Lowick	10.30am	Zoom Service	Pamela Hull
St. Andrew Coniston	10.30am	Zoom Service	Pamela Hull
St. Mary Penny Bridge	10.30am	Zoom Service	Pamela Hull

28th	Sixth Sunday of Lent (Palm Sunday)		
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Torver	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Lowick	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter



April Magazine

Please can all items, news, advertising enquiries and "What's On" events for this Magazine be emailed to the editor at editor@conistonandcrakechurches.co.uk by **March 15th**, or phone **07505 048736**, or to Jean Johnson if that's more convenient : enquiries@conistonholidays.co.uk or tel. **015394 41319**. If you don't have access to a computer you can leave items at the Vicarage but please give plenty of time to convert them to electronic format.



Calling all photographers!

If you have photos of local interest, perhaps not landscapes, that would be suitable for the cover of a future Magazine please email in as above. This month's cover photo is Sheep at Old Hall by Clare Wall. We also have a gallery of contributed seasonal photos of our beautiful area on the website:

www.conistonandcrakechurches.co.uk.

Please continue to send your images of life and work in the parishes to editor@conistonandcrakechurches.co.uk

Parish Prayer Diary March 2021

1st: Pray that in this season of Lent, God will strengthen us to discipline ourselves and, as we know our weakness, may we know His power to overcome.

2nd: Pray for our local Councillors who give their time and skills to work for the good of our communities through our local Parish Councils.

3rd: At 10am join with Christians across the benefice for an hour of prayer at home, praying for family, our community, our nation and the needs of the world.

4th: Pray for all involved in sharing the Good News of Jesus by translating, printing and distributing God's written word to all peoples across the globe.

5th: On World Day of Prayer we join Christians in the Republic of Vanuatu (South Pacific Ocean) as they invite us to join them praying on the theme of "Build on a Strong Foundation". (*Matthew 7:24-27*)

6th: Pray for the Annual Parochial Church meetings taking place across the benefice this month: for members of the Parish Church Council (PCC) as they review finances, the workings of the parish over the past year and plan mission.

7th March: Sunday, the first day of the week

May our loving, eternal God, grant us insight to discern His perfect will for us, that we give up what harms us and seek the perfection we are promised in Jesus Christ our Lord.

8th: On International Women's Day, spend some time giving thanks for the women who have encouraged and inspired you.

9th: Pray for all who work within NHS providing front line care in hospitals, clinics and the Covid-19 vaccination centres.

10th: Pray for those struggling alone with an eating disorder; that they can reach out to the support services able to help them to recovery.

11th: Pray for carers daily supporting a loved one living with dementia.

12th: Pray for the residents and all staff at our local Care and Residential Homes.

13th: Pray for our Bishops, James and Emma, that God will give them grace and wisdom as they serve the Lord in this Diocese.

14th March: Sunday, the first day of the week

As we give thanks for our mothers who nurtured us, we pray our Father God, whose love is strong and tender, will watch over us and hold us all the days of our lives.

15th: Pray for the charity Open Doors, providing support and emergency relief to Christians worldwide who suffer physically and socially for their faith in the Lord Jesus.

16th: Pray for those who have recently become unemployed, and for any facing the prospect of redundancy, especially anyone known to you.

17th: Pray for all who work in our local schools and especially for Head Teachers and their staff.

18th: Pray for our local Mountain Rescue Teams; for the safety of the volunteers and for adequate funding.

19th: Pray for the success of the various Red Nose Day events raising donations to tackle homelessness, hunger, domestic abuse and mental health.

20th: Pray for all who support university students to manage their mental health and wellbeing.

21st March: Sunday, the first day of the week

Jesus taught us that what we do for the least of our brothers and sisters in Christ we do also for Him. Pray for the will to be the servant of others, as He was the servant of all and gave up His life for us, but is alive and reigns, now and forever.

22nd: Pray with joy that your name is written in the Book of Life because of your acceptance of Jesus as your personal Saviour and Lord.

23rd: Pray for those unable to sleep due to severe anxiety or illness.

24th: Pray for all working in medicine and science to keep the global *End TB* campaign on track despite the current pandemic restrictions.

25th: Pray for all who used Lent for deeper study of God's word: that they will go forward in the power of the Spirit, continuing to grow in wisdom, faith and love.

26th: Pray for all who work for the benefit of our society within the police, the judicial services, prisons and probation services.

27th: Pray for St Margaret's Hospice Romania, and the children there who are sponsored by the community through the local Children in Distress collections.

28th March: Sunday, the first day of the week

Pray our true and humble King, hailed by the crowd as Messiah, may grant us the faith to know Him and truly love Him and that we may be found beside Him on the way of the cross, which is the path of glory.

29th: Pray for those working in our local farming community, especially at this time of lambing.

30th: Pray for our local St Mary's Hospice and Macmillan Cancer Support as they strive to provide care and support during these difficult times.

31st: Pray for Social Workers in our local Adult and Children & Families Social Care services, who carry large caseloads, many of which are complex and challenging.

Soultime Christian Meditation



Anxiety, Sleep Help & Bible

"Soultime is a beautiful, quiet and accessible way of drawing close to God in Jesus day by day. I warmly recommend it to you." **Archbishop Justin Welby**



Prayer Hour, At Home

3rd March, 10am – 11am

Although for the time being we cannot physically meet together in a church building, our prayer fellowship can still pray, each at the same hour, in the safety of our own homes on the first Wednesday of each month. If you can join in at 10am on 3rd March please use this format to guide your prayers as we pray together.

Settle into this hour of prayer by reflecting on the opening three verses of Psalm 5

*In the morning, Lord, You hear my voice;
In the morning I lay my requests before You
And wait expectantly*

And as we begin our time together, we say the prayer Jesus taught us:

*Our Father in heaven, hallowed be Your name
Your Kingdom come, Your will be done on earth as it is in heaven
Give us today day our daily bread
Forgive us our sins, for we also forgive everyone who sins against us
And lead us not into temptation, but deliver us from evil.
For Yours is the kingdom and the power and the glory for ever.
Amen.*

During this quiet hour...

hold before the Lord, the matters that weigh heavy on your heart, situations you have seen in the media, items or issues from the prayer diary which especially speak to you;

pray for your family, your neighbours, your community contacts;

the Christian fellowship in the Benefice of Coniston and Crake Valley;

the Church across its national and international denominations;

pray for our Country and the Nations of the world.

Take time also to be still, to listen to the gentle whisper of God.

Finally, we close our prayer hour with the words of The Grace:

*May the grace of our Lord Jesus Christ and
the love of God and the fellowship of the Holy Spirit
be with us all, evermore. Amen.*

AROUND THE PARISHES

Coniston & Torver

Rainfall, Garden House, Coniston, January 2021

Total - 322.9mm (12.7ins)
Wet days - 21, More than 1mm on 17 days
Wettest day - 19th - 62.0mm (2.4ins)
Frost on the 1st to the 7th
Snow on the 1st, 7th, 15th & 22nd



Thank you!

Thank You

An update from Alice, Wendy Yates' daughter—Wendy went to Sheffield on Monday 1st February for the intensive Neurological Physio which she was looking forward to but slightly nervous but Alice said UP FOR THE CHALLENGE. She has gone armed with bags full of letters and cards which they said the family have laughed and cried over with so many messages of love and encouragement and from many people and from way back contacts which she found amazing. The collection is around £22K from an amazing number of 498 people! Wendy will be in 5/6 weeks and then they have a Specialist Friend who will continue treatment at home afterwards.

Thank You and Goodbye

The Churches of Coniston and Torver and Crake Valley are very sad that Peter and Pat Fox are leaving the area to be nearer family and young grandchildren. The devotion and support given to so many in our Communities in so many ways over so many years will never be forgotten nor will his leadership in services at St Andrew's and St Luke's and latterly in the Crake Valley which has been valued so much by the congregations. Always there at times of need with his caring understanding and giving so much of himself to others who needed support.

The Church Council will be making a presentation to Peter and Pat and anyone who would like to donate to his leaving gift can leave it with Anne Hall Thurston Brae Cottage Coniston LA21 8EN



Anne Hall

And Thank You Again!

Hazel Nicholson would like to say thankyou to family, friends and Coniston Carers for all their help, thoughts and kindness before and after her recent stay in hospital.

Anne Hall

60th Wedding Anniversary

We want to congratulate Iain and Cynthia Davison who will be celebrating their 60th (diamond) Wedding Anniversary this month. They were married in St Andrew's Church, Coniston 18th March 1961, after Ian came to Coniston as a young engineer to help build the school and met Cynthia (nee Turnbull) of Ridding Head, Parkgate, Coniston—congratulations on all your years of happy marriage now and in the years ahead!



Coniston and COVID-19

Musings during Lock-down in the year 2020

“The hills are lone in Conistone”
Thus wrote the youthful Ruskin (John)
Ere tourists came our vale to throng
With noisy cars and bawdy song.
But had he been alive today
What would he now be moved to say
(with many dead)
Since Covid raised its ugly head?

....

The quiet lanes, deserted hills,
The empty pubs and silent tills.
So many untouched boats afloat,
Their sailors barred from coming near
‘til Lock-down’s key shall ope the gate
For anxious hordes to come, pell-mell,
And flood again this glorious dell.
Meanwhile the car parks all stand empty,
Was ever a year like twenty-twenty?

....

But shall the locals hide their smiles
For joyous quietude; the stiles
Unsullied by invading walkers,
runners and loquacious talkers?
The joy, yes joy, of winding miles
O’er crag and fell for couples dear
(not chatty dozens, with downcast eyes)
Who, spellbound, gaze through crystal air
Or sit by tarn, their lunch to share.

....

Come, Ruskin, stir your idle pen;
Record for all the season when
Bright Vecchio gazed on Thurstan’s shore
But scarce believed the sight he saw -
No Gondola, no sails, no launch,
Just bobbing boats tied to their buoys,
Like cast-off or neglected toys;
The quays unpeopled by the queues
Of tourists waiting for a ride
Across the lake to Brantwood’s side.
Remind us, when foul Covid’s gone,
How Coniston became our own.
(just for a while !)

MJS - May 2020

NB: ‘Vecchio’ was Ruskin’s pet name for the Old Man.

Lowick with Blawith

Churchyard

On occasion you may see a wooden cross in a churchyard instead of a stone headstone. These wooden crosses are perfectly legal and are normally put in place as a temporary measure before a headstone is installed at a later date.

Recently, I am very sad to say, someone has removed two wooden crosses from St. Luke's, Lowick, churchyard. This removal of memorials was without permission and without the vicar being informed—it is in fact, theft.

Could I encourage local residents and visitors to the churchyard to keep a lookout for suspicious activity and any other vandalism. Could I also ask that people remove all Christmas wreaths before Easter Sunday, thank you.



Revd. Brian Streeter



Lowick Community Hall

LOOKING FOR A GREAT VENUE FOR YOUR
CLASSES, MEETINGS OR PARTIES?

LOWICK COMMUNITY HALL IS WARM, SPACIOUS, VERSATILE AND
COMFORTABLE *AND OFFERS EXCELLENT VALUE FOR MONEY*

*SINGLE BOOKINGS: £20.00 FOR UP TO FOUR HOURS

*SIX OR MORE BOOKINGS PER YEAR: £13.00 FOR UP TO FOUR HOURS

ACCESS TO FREE WiFi AND DATA PROJECTOR

ALSO AVAILABLE FOR FULL DAY EVENTS

FOR MORE DETAILS AND TO CHECK AVAILABILITY GO TO WWW.LOWICK.ORG.UK
OR CONTACT ROB DOVE 01229 885647 OR LISA GRAVE 01229 861834

Egton Cum Newland

Greenodd Village Hall

Coffee mornings/evenings, music shows and more

Find out what is going on in Greenodd Village Hall

www.greenoddvillagehall.co.uk

We are on Facebook... search for Greenodd & Penny Bridge Village Hall

Coniston Coronavirus Support

015394 41812

Call us at Coniston Sports and Social Centre between 10am and 3pm daily to chat to our volunteers or leave a message on the answerphone outside of these hours. We can organise practical help with collecting shopping and prescriptions, walking dogs, posting letters and other things as well as being available for just a chat.

We also have a Facebook group where those online can seek support and advice, search for "Coniston Coronavirus Support"

Charlie Day is also answering on the phone every Tuesday and Thursday afternoon from 12:30 - 2:00 for those wanting spiritual support and chat.

CRAKE VALLEY HELP

We are a group of Crake Valley residents here to help during the corona virus outbreak.

If you are self isolated or house bound without support.

We can help with : shopping,
urgent supplies,
post,
dog walking
a friendly phone call

CALL 01229 357951
select option 5 for Crake Valley

This is not a medical Help Line

To Volunteer please join Crake Valley Help Facebook Group
or phone 01229 357951 option 5 and leave a message.

REPORTS AND NEWS

Young Farmers Club Report

Cumbria YFC Situations Vacant County Final

Despite the occasional technical blip, the young farmers taking part in the County Final of the Inter Situations Vacant Competition via zoom on Thursday 28th January competed at an exceptionally high standard.

The six finalists were interviewed for jobs of their own choosing which included; a child learning and family play practitioner, a local council candidate, an HR support apprentice, an assistant dairy herdsperson, a specialist diagnostic radiographer and an accounts assistant.

The judges for the evening, Miss Alison Sisson and Mr Kevin Batty enjoyed their role as interviewers and were suitably impressed with their young farmer interviewees.

The results of the competition were as follows with the top 3 competitors going forward to compete at the Northern Area Weekend hosted by Northumberland YFC which will take place on the 27th and 28th February via zoom:

1st – Ben Cooper, Lowick YFC

2nd – Amy Bowness, Greysouthen YFC

3rd – Mark-Lucas Winspear, Skelton YFC

4th – William Longmire, Lowick YFC

5th – Abigail Marston, Raughton Head YFC

6th – Eve Bland, Kent Estuary YFC



Junior Member of the Year and Inter Brainstrust

The young farmers taking part in the Junior Member of the Year Competition put their zoom skills to good use at the County Final on Thursday 4th February. Tasked with putting together a power point presentation and co-hosting their zoom interview, the competitors not only gave a fantastic insight into their young farmer involvement and aspirations for the future but kept their cool whilst co-ordinating the technical side of things.

The standard of competition was exceptionally high and judges Mrs Judith Emmott (Cumbria YFC County President), Mr Matthew Burbury (ex- Northern District President) and Mrs Pat Bell (ex- Cumbria YFC County President) thoroughly enjoyed meeting the young farmers and hearing about their activities and plans for the future. The results of this very popular competition were as follows:

1st - Ruth Cooper, Lowick YFC

2nd - Rosie Pratt, Drigg YFC

3rd - Billy Sibbald, Drigg YFC

4th - Mark Musgrave, Raughton Head YFC

Joint 5th - Charlie Barker, Eden Valley YFC and Isabel Wilson, Lowick YFC

Congratulations were in order for all the teams that took part in the Inter Brainstrust



County Final via zoom on Monday 8th February, with judge Mr Dan Stamper commenting "It was a pleasure to judge such a talented, bunch of young people this evening. A great many complex and interesting topics were covered with common sense and good humour. Cumbria is very lucky to have such a dynamic yfc movement encouraging and supporting its members in these difficult times".

The teams discussed a wide range of general and rural topics which included the following which were debated by the top 3 placed teams:

Does the panel believe that the current school year should be repeated next year to give children a chance to catch up on lessons they have missed due to the pandemic?

Does the panel agree that all new drivers should have a 10pm curfew for the first year after they have passed their driving test?

Does the panel believe that ramblers should be banned from walking through fields and farmland?

Does the panel agree that the Government are right to bring in tougher quarantine rules for those travelling into the UK?

Does the panel agree that "life" should mean "life" where jail terms are concerned?

Does the panel agree that farming is a good career choice?

Does the panel agree that those who smoke whilst driving should face the same penalties as those who drive whilst using a mobile phone?

Does the panel agree that the membership age for young farmers should be raised to 30?

Does the panel believe that Bovine Tuberculosis (Btb) will ever be eradicated from the British countryside?

Following an evening of intense debate and eloquent argument, Dan and fellow judge Mr Stephen Park placed the teams as follows:

1st - Lowick YFC (Leah Clough, Ben Cooper, Will Longmire, Luke Hodgson)

2nd - Skelton YFC (Meg Harrison, Zac Walsh, Rebecca Grierson, Katie Wilson)

3rd - Greysouthen YFC (Rachel Armstrong, Jack Scott, Will Bowness, Matthew Fearon)

4th - Eden Valley YFC (Jack Sowerby, Will Rogerson, Hector Meanwell, Joe Jackson)

5th - Grayrigg YFC (Martha Galbraith, James Dodgson, Matthew King, Bradley Wills)

6th - Raughton Head YFC (Emma Hetherington, Mark Wharton, Tom Blamire, Jonnie Hetherington)



The top 3 teams and competitors from both competitions will go on to compete at the Northern Area Weekend hosted by Northumberland on the 27th and 28th February via zoom.

NFYFC Club of the Month

Grayrigg YFC won the NFYFC Club of the Month for January 2021! If you have some space to fill you may want to use the info below and photos attached!

Name of club:

Grayrigg YFC, Cumbria

Members:

63 (and counting)

Meetings during the pandemic:

With all meetings called off we moved to Zoom. We have been holding monthly Zoom meetings to keep everyone up to date and most importantly to keep our reports documented in minutes. We have held a few mini competitions on Facebook, from guessing the price of a tractor and baler combination to a pumpkin carving competition. All have been well-attended. To add to this I have been posting little throwbacks from the previous year reminding everyone of normal times. We would be lost without social media as it has been our main point of contact for everyone.

Competitions we enjoy:

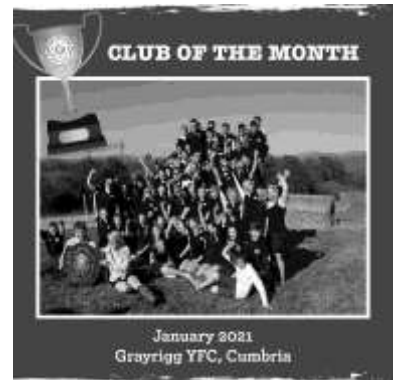
We enjoy entering most competitions from Junior Reading and Speaking to the annual quiz rounds and Braintrust. A local competition we love to enter is the Kendal torch light procession. This is a one-night event celebrating the best of Kendal and the surrounding area, with themed decorated floats created by schools and businesses, Charities and YFC enter a big parade of vehicles that circle the town centre and crowds line the pavements to watch. On the night there are many trophies to be won with YFC having a special trophy for the best float, which we have won many times before. We spend many nights in a cold silage pit painting detailed artwork and decorating our float to the theme of the year. Unfortunately the procession had to be cancelled during the pandemic, which was a sad moment for the club but one day the procession will be back.

With all competitions on Zoom, the club has only managed to enter Braintrust. The club was placed first in the District finals and is going through to the county finals soon. Although competitions are different on Zoom, they are well organised by the District and run very smoothly. Cumbria FYFC has also come up with new virtual competitions including a virtual field day and a virtual Christmas competition. These competitions helped to raise everyone's spirits and freshen up our craft, baking and poem writing skills. Grayrigg entered both of these receiving an overall fourth place in the virtual Christmas competition, which was a good boost for the club. Just recently I helped our friends at Lowick YFC in the county finals of Debating, with our team being placed an impressive third and we are competing in the Northern Area weekend in February.

Our work in the community:

Community work has been our drive this year to promote how special YFC is. We started out by helping Station House surgery in Kendal in September and October at the annual flu clinic. The surgery had requested a team of four people to help with car parking and keep people safe. This was a fantastic thing to do for the community but also a time for us to re-group to have a much needed catch up.

The most recent community work was for Kendal Primary Care Network with the Covid Vaccination Plan. Firstly we helped move furniture for the Gillinggate Centre in Kendal to make room for a patient waiting room after they have been vaccinated. With a van and three 4-wheel drives, with cattle trailers full of furniture, we carefully



moved everything to a storage unit in the lake district with no breakages.

In January we started the car parking and marshalling for the vaccinations at the Gillinggate Centre. We did 12-hour shifts between us. It was a long, cold day but a rewarding one. It was nice to meet people in our community and more importantly show YFC off as a truly fantastic organisation. The South Lakes police gave us a special mention on Facebook saying "We met everyone with a smile" which really made our day. This won't be the last time we help and have just recently agreed to do this again at the end of January – fingers crossed it's dry! This will be something we will continue doing mainly to help our community in hard times but also for us to regroup as a team.

Why we love YFC:

Grayrigg YFC is small YFC group situated in the village of "Grayrigg" North of Kendal and south of the Shap fells. We are a proud club with a big reputation – winning the County's Cock of the North trophy several times since we started.

Being a member of Grayrigg is always busy but every minute of this is an absolute pleasure. We have met some true characters who later become friends but not only in our own club but from many other clubs in different counties. Seeing our members grow from strength to strength is personally rewarding. The camaraderie is what makes our club so special – we are like one big family.

Being a YFC member is special as it gives you life skills that can be developed through a wide variety of competitions. It improves your speaking skills, which improves your social skills. Field Day in turn has stretched my ability as a joiner, by trade, to think outside the box and create some amazing pieces, which has also brought success to the club.

I cannot put into words what it means to be a young farmer as there are no words to describe it. The opportunities on offer during your time in YFC can shape your life. I am proud to be in Grayrigg YFC and most importantly a member of the National Federation of Young Farmers' Clubs.

Completed by Robbie Hutchinson, Club Secretary of Grayrigg YFC

Conserving Coniston & Crake

Well, the project is now in its last month, it's amazing how quickly the time has gone and looking back at what we have or haven't achieved. A fuller



round-up will be given next month but in short we've put in 23kms of fencing to help protect the beck, planted 800 trees and put up 52 nest boxes! The In Search of the Salmon art trail will be there for many years, reminding people about our aquatic wildlife and we've engaged over 2,000 people through a variety of events and activities. We couldn't have done this without our team of fantastic volunteers who have given 450 days worth of work, and hopefully the project has raised awareness of how important good water quality is for us, our businesses and for wildlife.

We've been able to better record the wildlife, with information passed to the Cumbria Record Centre at Tullie House and we'd like this to continue. A group has now been set up on iNaturalist which you can add your wildlife sightings to. For more details go to: <https://www.inaturalist.org/projects/crake-valley-nature>. You



do need to sign up to the website or app and at the moment it shows all Cumbrian records, but we'll be able to view the ones for the valley, and it can be birds, butterflies and plants and not just fish. I was pleased to have spotted and reported Great sundew on the project walk around Lowick last year, as it's not a common plant.

It has been a fantastic three and a half years, working in the valley with so many of you but we still will be around in some form or another.

Into the future—We've also been working with the National Trust, The Lake District National Park and the Environment Agency to investigate the effects of old mine workings and spoil heaps have on some of the watercourses up at Tilberthwaite and Greenburn. Its meant taking samples in all kinds of flow and conditions. The next project "Cool Rivers" will start in April so there will be more to follow on this next month too.

Kath Smith, Communities & Engagement Officer, Conserving Coniston & Crake
Email: kath@scrt.co.uk Tel:07825873109 Tel:01539 530047 www.ccc.scrt.co.uk

Citizens Advice

I'm really worried about my elderly relatives being targeted by coronavirus scams - are there any warning signs that I can tell them to look out for? What should they do if they think that something is a scam?



Unfortunately, we've seen an increase in scams since the beginning of the pandemic, so it's good to be thinking about the steps you can take to help protect friends and family.

Common scams we're seeing are about bogus testing kits, coronavirus vaccinations and government refunds or fines. You should watch out for messages about coronavirus from unusual email addresses or phone numbers, and shouldn't click on any links. Be aware that you won't be asked to pay for coronavirus vaccinations - they are provided for free by the NHS.

Here are some general warning signs to look out for:

- You suspect you're not dealing with a real company – for example, if there's no postal address
- You've been asked to transfer money quickly or to pay in an unusual way – for example, by iTunes vouchers or through a transfer service like MoneyGram or Western Union
- You've been asked to give away personal information like passwords or PINs
- You haven't had written confirmation of what's been agreed

If you think something is a scam you should hang up the phone, close the website, or shut the front door. Never feel pressured to make a decision straight away, and don't give out personal details or money unless you're certain that they can trust the person. If you feel threatened or unsafe you can ring 999.

For help with online scams, contact a Citizens Advice Scams Action adviser by calling 0808 250 5050. For more information about other types of scams, visit the Citizens Advice website.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other

problems. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice. How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 12 noon
- Adviceline: 03444 111 444
- Email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

Grizedale Arts

Ask a Gardener (Live interactive session with Q & A)

Monday 1st March, 2pm - 4pm (Tutors: Karen Guthrie & Bethan Pettitt)

Karen Guthrie and Bethan Pettitt are the head gardeners of neighbouring Lawson Park and Brantwood respectively, so there's not much these two don't know about gardening against the odds. These workshops will demonstrate seasonal jobs, followed by an interactive Q & A where you can ask Karen and Bethan about your own garden problems and design or planting questions. *It's advisable to have Zoom on your phone for this workshop, as you may want to share pictures or video directly.*
£10.00 per person.

Tofu at Home

1 cookalong Zoom session on Saturday 6th March, 10.00am - 12.30pm (Tutor: Karen Guthrie)

Sure, you can buy it. But the quality of tofu (aka beancurd) you can easily make at home beats it hands down. Join Japan-trained Karen Guthrie to learn how to process soya beans to create fresh vegan tofu with simple everyday kitchen tools.
Details and booking here. £10.00 per person.

A Public House: Clay Play

6 Sunday sessions hosted over Grizedale's Youtube channel and Zoom Sunday 7 March - Sunday 11 April

(£20 per person for full 6-week course)

A Public House is a series of courses and workshops that will forge dialogues between craftspeople, designers, artists, consumers and audiences. Our goal is to collaboratively design useful, desirable products that can be utilised and sold at **The Farmer's Arms** in the future. These could be furnishings, crockery, tools and more besides. For our debut sessions, join endlessly inventive makers **Joe Hartley & Tom Philipson** as they guide you through simple and adaptable techniques to make stunning pottery products using just a piece of wire and a screw. Developed with **Abi Holsborough & Zoë Guthrie**, this online course is suitable for anyone over 16 years of age, anywhere - whether you regularly work with clay or haven't touched any since you were at school. Or ever. **£20.00 per person.**

Get Involved at The Farmer's Arms

Volunteer at The Farmer's Arms (in person*) **Weekends of 13th & 14th, 27th & 28th March** 10.00am - 6.00pm daily *The Farmer's Arms, Lowick Green, Ulverston LA12 8DT*

Fancy some scraping and filling, mending and cleaning? Getting the pub up and running again means lots of work, but we'll reward you with a good lunch and lively

conversation. So that we can anticipate numbers and ensure a Covid-safe environment, please pre-register [here](#). **Deadline for Registration: Monday 8th March 1700 GMT** *Subject to Covid19 restrictions

Ad Hoc Volunteering (deadline ongoing)

We're grateful to all [our past volunteers](#) for making such an impact on what we've achieved.

If you've got skills and time, and aren't afraid of a bit of graft, get in touch as we'd love your support at both our HQ [Lawson Park](#) and at **The Farmer's Arms**. Contact Valley Project Manager, **Emma Sumner** [here](#), to find out more.

PARISH COUNCIL REPORTS

Coniston Parish Council

Tracy Coward Chaired Coniston Parish Council's meeting on Monday 15th February, over Zoom. Three members of the public were present along with representatives from both the County and District Councils, the Lake District National Park, and the National Trust.

The South Lakeland Policing Team reported that, as would be expected at this time of the year and in the middle of a lockdown, that the number of incidents were low . Police reports will take the form of a monthly community newsletter, it is hoped that this can be shared more widely via social media. For regular updates please follow Cumbria Police on Twitter and Facebook.

County Councillor Brereton provided an update on B4RN (Broadband for the Rural North) an organisation which is seeking to improve accessibility to affordable high quality Broadband connections throughout High Furness.

The Parish Council indicated their support for the Planning Application from Holly Howe Youth Hostel; and registered no objections to developments at Black Beck Cottage, and Brooklands, Little Langdale. A Grant of Planning Permission for the Park Coppice Caravan and Camping was noted as was the Notice of Intent for Coniston Hall. Full details of all planning applications can be found at <https://www.lakedistrict.gov.uk/planning>

It is expected that elections for parish, district and county councils as; well as the Police and Crime Commissioner which are scheduled for May will go ahead. All residents over the age of 18 are encouraged to consider standing and representing their community. If you would like an informal conversation as to what the position requires in terms of time and commitment please contact any of the councillors or the clerk.

The next Meeting of Coniston Parish Council will be on Monday, 15th March 2021 at 7.00pm. This is to be held online using Zoom. This will be a public meeting, and all are welcome to attend. If you would like to attend please contact the clerk via email at parish@coniston.info for further information.

MARCH 21ST : THE FIRST DAY OF SPRING

As I write this at my desk, on a bitterly cold day in late winter, there lies before me a small vase of freshly picked snowdrops and, alongside them, is a little framed picture of them, together with a single pressed bloom sent to me by my (then) fiancée from a bunch I had bought for her in Muswell Hill market on 31st January 1959. A caption reads, “When the Snowdrops come, spring is near.” It was her loving celebration of the fact that we were to be married (God willing) on the first day of spring. Every year since (62 this year!) when the first Snowdrops appear, the picture, together with a vase of fresh blooms, has reappeared as a reminder of our impending Wedding Anniversary. Mindful of Jesus saying, “From the fig-tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near . . .”, so we too may be sure that the day of the Spring Equinox will come, with all its certain expectations of the transition to new life and Easter hope and the joy that the season brings.

But alongside this sure and certain hope, there is another side, well illustrated for me by one of my sons, an inveterate source of the unexpected. At the age of seventeen he came down to breakfast with a worried look. “Dad, you wouldn’t punish me for something I hadn’t done, would you?” “Good gracious, no! Why ever do you ask?” I replied. With an affected look of great relief, he said, “I’ve just found out that I’ve forgotten to post those two urgent letters you gave me yesterday!” I wasn’t expecting *that*! On another occasion (years later) a Jiffy Bag arrived in the morning post containing a single (hotel breakfast style) helping of honey in a little plastic pot, with just a brief cryptic note – in our son’s very recognizable handwriting – “I KEEP A BEE.” I wasn’t expecting *that*, either!

Who knows what the day may bring forth? The occurrence of the *unexpected* is pretty well a daily experience. Our life on earth is a period of trial and testing, often in adversity. The exhortation of Jesus, from the Sermon on the Mount, is, “Do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.” It is a great comfort that God’s provision for the great uncertainties of life comes right at the beginning of Spring. The Feast of the Annunciation of the Lord to the Blessed Virgin Mary (often called *Lady Day*) is on March 25th. The promise is of the forthcoming birth of the Saviour and Redeemer of the world, with its attendant certainty that “God is *with us*” (Immanuel) as He promised, “I am with you always, to the end of the age.”



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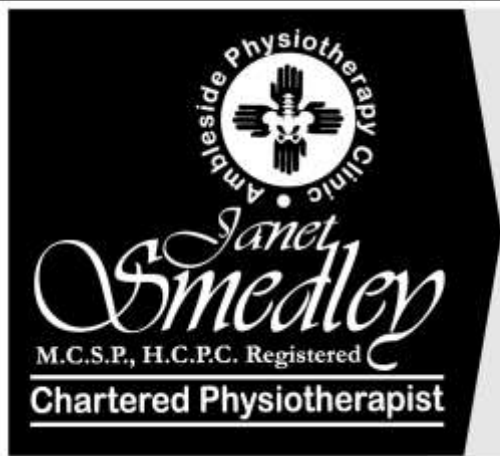
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